

Grape Juice and Fruit Freeze

Makes: 4 Servings

Unsweetened grape juice is used in this recipe to make this refreshing treat. You may also mix unsweetened grape juice with yogurt, fruit, and ice for a refreshing smoothie.

Ingredients

2 cups grape juice
2 tablespoons lemon juice
1 cup canned mixed fruit (drained)
1/2 tablespoon cinnamon
1/2 cup plain nonfat yogurt (if you like)

Directions

1. Mix all ingredients in a blender until smooth. If using yogurt, add that too.
2. Pour over crushed ice to serve.

Notes

Tip: Use 1 cup frozen pitted cherries or 1 cup drained canned cherries, or 1 cup drained canned pears.

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	130	
Total Fat	0 g	
Protein	3 g	
Carbohydrates	30 g	
Dietary Fiber	2 g	
Saturated Fat	0 g	
Sodium	30 mg	